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# Powerful Words of Encouragement that Top Up Your Gas Tank and Give You the Extra Boost to Overcome Life's Challenges!

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No winter lasts forever. No spring skips its turn. These difficult times too shall pass. - Hal Borland

Welcome to the Spiritual Bee's collection of **Powerful Encouraging Quotes!**

It was St. Augustine of Hippo, who once famously observed (on the life of Lord Jesus Christ): "God had one son on earth without sin, but never one without suffering."

"Arise, Awake! Awake from this hypnotism of weakness! None is really weak; the soul is infinite, omnipotent, and omniscient.

All power is within you. You can do anything and everything."

– Swami Vivekananda

Although, obstacles are inevitable in everybody's life, they are not without purpose. There is a grand design hidden behind them.

Obstacles are the tools through which the Universe signals our evolution to a higher plane. Evolution being a law of nature, is applicable not only to species, but also to consciousness.

Challenging situations serve to expand our consciousness, by making us aware of the latent powers hidden within each of us; and ultimately nudge us down the path of a more perfect union with our Creator.

Every time we accept a challenge, we also summon the courage and the means of overcoming it – all of which lie within us. We reach in and tap into the powers of our Higher Self. Difficult circumstances serve to reacquaint us with this One True Inner Self.

"The most important lesson that man can learn from life is not that **there is** pain in this world, but that it is possible to transmute it into joy."

– Rabindranath Tagore

They remind us that we are not helpless human beings, but we are the infinite spirit, an indivisible part of the Almighty. We are sparks of an infinite, divine flame. All strength, all courage lies within us; nothing can hold us back for too long. Slowly but surely we will build our wings and rise against the wind.

## Encouraging Quotes by Topic

Presented below is an outstanding collection of **words of encouragement**, from people who have each chosen to evolve by overcoming numerous challenges in their personal and professional lives. These encouraging quotes have been categorized into the following subgroups that are best read sequentially from top to bottom.

1. [Obstacles and Suffering are Inevitable – Change is the Law of Life](#)
2. [Challenges Have a Higher Purpose](#)
3. [Obstacles Being Inevitable, Let Us Face Life's Battles with Courage](#)
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5. [Have Faith – the Means of Overcoming all Challenges Lie Within Us](#)
6. [Above All, Know that No Winter Lasts Forever](#)

I hope that these powerful words of encouragement soothe your worries and offer you the necessary perspective to face life's numerous challenges.

### Obstacles and Suffering are Inevitable – Change is the Law of Life

**We all have inconveniences of one kind or another. How you deal with them ultimately determines how successful you are.**

Powerful words of encouragement from Craig McFarlane, a blind motivational speaker.

**Change is the law of life. And those who look only to the past or to the present are certain to miss the future.**

John F. Kennedy (1917-1963).

**Most humans resist major change but change happens all the time. Big ones such as putting a man on the moon take time. Little ones such as a snowstorm happen all the time. The trick is in recognizing it.**

Beautiful words of encouragement by an unknown author.

**One who has never known the turbulence of life, in whom the petals of the mysterious flower within have never opened; such a one may seem happy, may seem a saint, his single track mind may impress the multitude with its power – but he is ill equipped for life's true adventure into the infinite.**

Rabindranath Tagore.

### Challenges Have a Higher Purpose – They Serve to Propel Us Down the Path of Greater

#### Self-Realisation

Challenges have a higher purpose. They usher in our spiritual evolution by reacquainting us with vital powers that lie dormant within us. Sooner or later, we emerge from our troubles with an enhanced awareness of our capabilities. As our consciousness expands, we peel away at the layers of ignorance and uncover the True nature, power and beauty of our Soul.

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**Most people live, whether physically, intellectually, or morally, in a very restricted circle of their being. They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into the habit of using and moving only his little finger.**

**Great emergencies and crises show us how much greater our vital resources are than we had supposed.**

*William James (1842-1910).*

**A spiritually optimistic point of view holds that the universe is woven out of a fabric of love. Everything that is happening is ultimately for the good if we're willing to face it head-on and use our adversities for soul growth.**

*A beautiful and encouraging quote from the book "Ensouling Ourselves" by Joan Borysenko.*

**It is imperative that we do not fear challenges that we have attracted to promote our growth. Every obstacle we encounter is an opportunity for spiritual evolution.**

*Dannion Brinkley, author of the book "Secrets of the Light" in which he chronicles his near death experience.*

**Horrible events in life serve as catalysts for major changes in our life perspective and as teaching tools for helping others.**

*Encouraging words from Dannion Brinkley in his book "Secrets of the Light".*

**So often we look at a calendar of days as merely a symbol of the passage of time. We forget why we are on this earth. We forget that there is a reason for all the pain and the struggle.**

**We forget that we were put on earth to learn something. If everything were perfect in this life, we would never learn anything new. We would not be able to elevate our spirits through the events that happen to us.**

*Lynn V. Andrews.*

**A man of character finds a special attractiveness in difficulty, since it is only by coming to grips with difficulty that he can realize his potentialities.**

*Charles de Gaulle (1890-1970).*

**There are no mistakes, no coincidences. All events are blessings given to us to learn from.**

*Elisabeth Kubler-Ross (1926-2004).*

**No other circumstances are more conducive to the realization of your true nature than the present circumstances within which you find yourself.**

*Encouraging words by Metta Zetty, spiritual teacher and mentor.*

## Obstacles Being Inevitable, Let us Face Life's Battles with Courage and Equanimity

**Great crises produce great men, and great deeds of courage.**

John F. Kennedy.

**Great suffering brings with it the power of great endurance. When sorrow is deepest all the forces of patience and courage are banded together to do their duty. So while we are cowards before petty troubles, great sorrows make us brave by rousing our truer manhood.** Powerful words of encouragement in a letter written by Rabindranath Tagore in 1894, published in his book [Glimpses of Bengal](#).

**Those who follow the Tao are of clear mind. They do not load their mind with anxieties and are flexible in their adjustment to external conditions.**

Chuang-Tzu (399–295 BC).

**Man's freedom is never in being saved from troubles, but it is the freedom to take trouble for his own good, to make the trouble an element in his joy.**

A beautiful encouraging quote from the book [Sadhana – The Realization of Life](#), by Rabindranath Tagore.

**Let us not pray to be sheltered from dangers but to be fearless when facing them.**

Rabindranath Tagore.

**Do not pray for easy lives. Pray to be stronger men.**

John F. Kennedy.

**Whether joy or sorrow, pain or pleasure; whatsoever may befall thee, accept it serenely with an unvanquished heart.**

Rabindranath Tagore quoting a beautiful verse from the *Mahabharata* in a letter to his wife Mrinalini, in 1898.

**The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.**

Martin Luther King Jr. (1929-1968).

**All adverse and depressing influences can be overcome, not by fighting, but by rising above them.**

Charles Caleb Colton (1780-1832).

**I have never looked upon ease and happiness as ends in themselves. The ideals which have lighted my way and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty and Truth.**

Albert Einstein (1879-1955).

**We deem those happy, who from the experience of life have learned to bear its ills, without being overcome by them.**

Juvenal, a Roman poet who lived between the 1st and 2nd century AD.

**What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world.**

Paul Hawken renowned entrepreneur and visionary environmental activist.

## **In Every Adversity There Lies the Seed of an Equivalent Advantage. In Every Defeat is a Lesson Showing You How to Win the Victory Next Time**

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**Times of great calamity and confusion have been productive for the greatest minds. The purest ore is produced from the hottest furnace. The brightest thunderbolt is elicited from the darkest storm.**

Charles Caleb Colton.

**When written in Chinese, the word ‘crisis’ is composed of two characters — one represents danger, and the other represents opportunity.**

John F. Kennedy.

**Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.**

Powerful words of encouragement from Napoleon Hill (1883-1970), one of America’s earliest personal-success authors who wrote the book “Think and Grow Rich”.

**Adversity has the effect of eliciting talents, which, in prosperous circumstances, would have lain dormant.**

Horace, a Roman poet who lived between 65 BC and 8 BC.

**If you watch how nature deals with adversity, continually renewing itself, you can’t help but learn.**

An encouraging quote from the book “Handbook for the Soul” by Bernie Siegel.

**Kites rise against, not with the wind. No man has ever worked his passage anywhere in a dead calm.**

John Neal (1793-1876).

**A smooth sea never made a skilled mariner.**

An English proverb.

**When the winds of change blow, some people build walls and others build windmills.**

A Chinese proverb.

**Obstacles are those frightful things you see when you take your eyes off your goal.**

Henry Ford (1863-1947).

**Each difficult moment has the potential to open my eyes and open my heart.**

**Myla Kabat-Zinn.**

**He that can heroically endure adversity will bear prosperity with equal greatness of soul; for the mind that cannot be dejected by the former is not likely to be transported with the latter.**

**Henry Fielding (1707-1754).**

## **Have Faith. Trust that if God Sends Us Challenges, He Also Gives Us the Means to Overcome Them**

**It is the lack of faith that makes people afraid of meeting challenges.**

**Muhammad Ali.**

**We are never in a position in which we have nothing to work with. We already have capacities, talents, direction, missions and callings.**

**Abraham Maslow (1908-1970).**

**Although the world is full of suffering it is also full of the means of overcoming them.**

**Encouraging words of wisdom by Helen Keller (1880-1968), deaf and blind author and activist.**

**Everything comes to us that belongs to us if we create the capacity to receive it.**

**Nobel Laureate Rabindranath Tagore.**

**I know God will not give me anything I can't handle. I just wish he didn't trust me so much!**

**Mother Teresa (1910-1997).**

**I seldom think about my limitations, and they never make me sad. Perhaps there is a touch of yearning at times; but it is vague, like a breeze among flowers.**

**Helen Keller.**

**I have become my own version of an optimist. If I can't make it through one door, I'll go through another door – or I'll make a door. Something terrific will come no matter how dark the present.**

**Rabindranath Tagore.**

**I have never seen a monument erected to a pessimist.**

**Paul Harvey (1918-2009).**

**Pessimism is a form of mental dipsomania; it disdains healthy nourishment, indulges in the strong drink of denunciation, and creates an artificial dejection which thirsts for a stronger draught.**

**An encouraging quote from the book [Sadhana](#) by Rabindranath Tagore published in 1913.**

## **Above All, Know That No Winter Lasts Forever; These Difficult Times Too Shall Pass...**

**No winter lasts forever; no spring skips its turn. Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence. October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the**



**enduring constellations above them once again.**

Hal Borland (1900-1978).

**We warriors of light must be prepared to have patience in difficult times and to know that the Universe is conspiring in our favor, even though we may not understand how.**

Powerful words of encouragement from Paulo Coelho's best-selling book "The Alchemist: A Fable about following your Dream".

**A leaf that is destined to grow large is full of grooves and wrinkles at the start. Now if one has no patience and wants it smooth offhand like a willow leaf, there is trouble ahead.**

Johann Wolfgang von Goethe (1749-1832).

**It's hard to tell our bad luck from our good luck sometimes. And most of us have wept copious tears over someone or something when if we'd understood the situation better we might have celebrated our good fortune instead.**

Words of encouragement by Merle Shain in the book "Simple Abundance: A Daybook of Comfort and Joy" by Sarah Ban Breathnach.

**The desert takes our dreams away from us, and they don't always return. We know that, and we are used to it. Those who don't return become a part of the clouds, a part of the animals that hide in the ravines and of the water that comes from the earth. They become part of everything. They become the Soul of the World.**

An encouraging quote from the book "The Alchemist" by Paulo Coelho.

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I hope you enjoyed reading these powerful **words of encouragement** as much as I did researching them! Be sure to explore more such quotes from the outstanding [Words of Wisdom](#) collection.

Give the gift of strength and courage! If you enjoyed reading these **Powerful Words of Encouragement**, then take a moment to share them with your friends and family.



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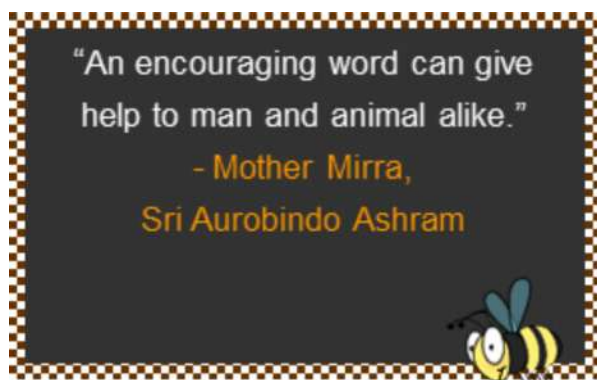
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Next post will be published on March 1, 2018.

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